

Movies for Mental Health (Online)

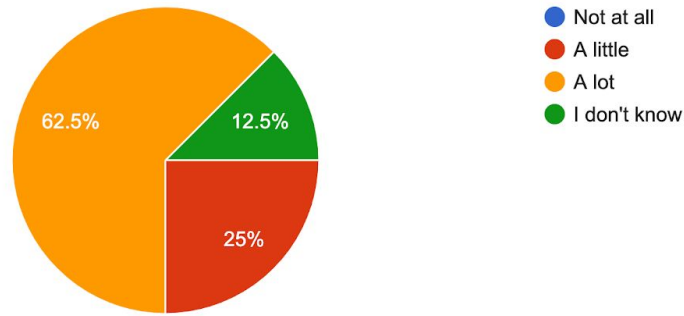
Post-Workshop Evaluations

Antelope Valley College
November 11, 2020

Number of attendees: 17
Number of evaluations: 9

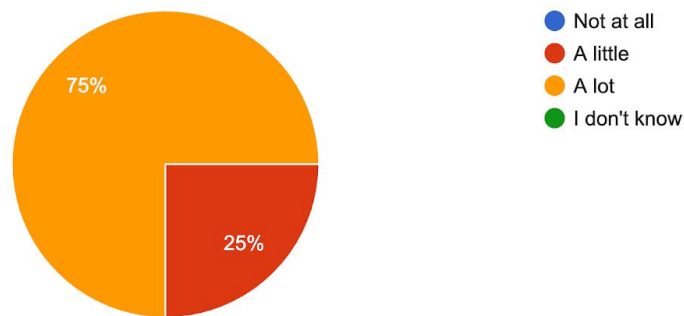
In your opinion, did this workshop increase your awareness of mental health issues?

8 responses



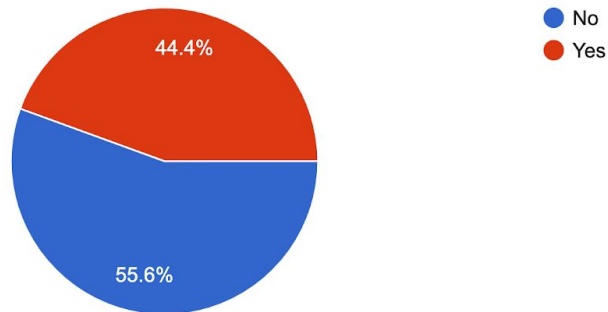
In your opinion, did this workshop help you confront and address stigma related to mental illness?

8 responses



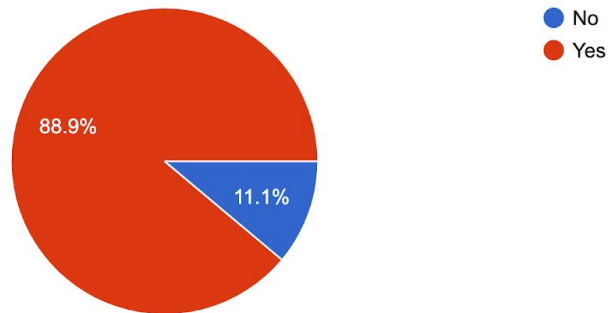
Did you know about the the Mental Health Services Act before this event?

9 responses



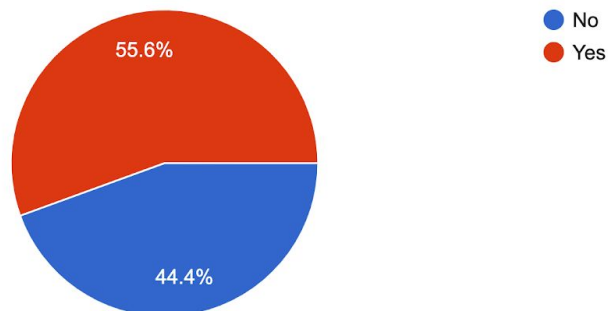
Did you know about your school's counseling services before this event?

9 responses



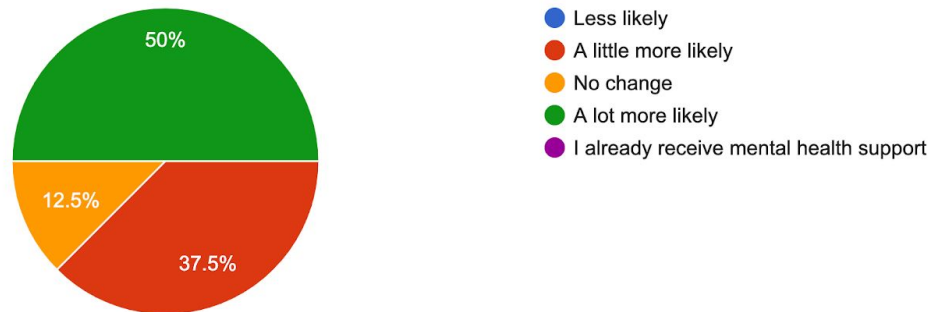
Did you know about the community resources before this event?

9 responses



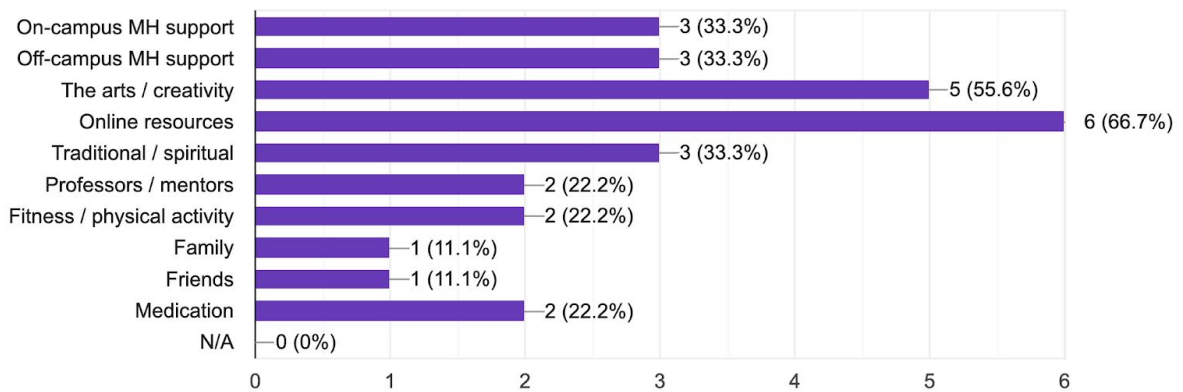
After this event, are you more or less likely to seek support for your mental health?

8 responses



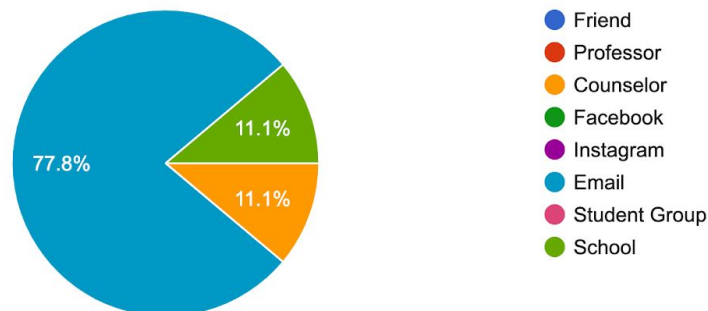
What type of mental health support do you think would be most useful to you?

9 responses



How did you hear about this event?

9 responses



What was your main takeaway?

I'm faculty, but this is a great resource. Need to promote.
Living with more intention!
Acceptance
I really loved the chat forum. I also liked that we didn't have to use our real names for the usernames.
That's it's ok to take time for yourself and where I am mentally
I didn't attend
Learned allot

If you were telling a friend about this workshop, you would describe it as:

Movies and chatting about MH
An amazing opportunity to normalize mental health stigma
Mental Health Awareness
Lots of polls :) Natalie, the host, seems really nice. You're able to be anonymous.
Yes
Informational
Very encompassing. Loved the movies to start the conversations.
Informal

How might you use what you learned today?

I copied the links of resources
Lots of rich conversation and mental wellness practices to implement: Mindful wake-up and turning devices off 30 min. before bed! Sticker chart!
Being more empathic
I guess I have to look for resources to help me and try them out. I hope to not give up on myself.
The importance of mental health
Look for a therapist to talk to.
Be more reflective of myself
Apply it towards my film class

What are the biggest barriers to your mental wellness and/or receiving mental health support?

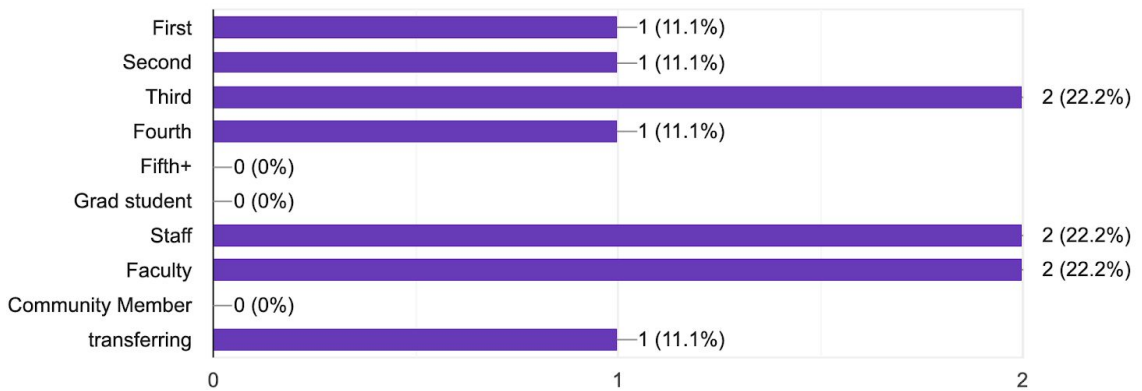
Awareness
Time, fear of the unknown and stigma
Cost
I'm highly critical of myself. I feel like I'm not enough. I always stress out about having a good day, and then I realize I'm doing too much.
Time
Fear of leaving the house in COVID times
Fear of it being on record somewhere (i.e., affecting future employment, personal relationships...etc.)
Trying to connect with people

How can we improve this event in the future?

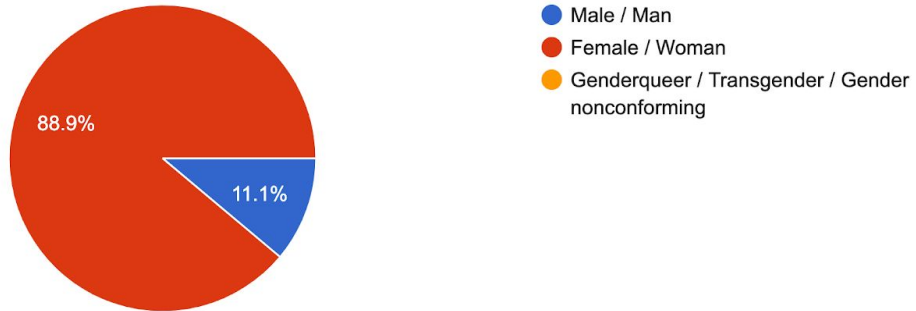
Maybe have it shorter and in segments. Tough for people to commit to long time
 Excellent format and everything was done so well!
 The event and facilitator were great
 I'm not sure :(it was a good event. Maybe use a forum that allows emojis?? i love emojis!
 No
 It was fine
 I appreciated the real talk
 Have it on a Friday or Saturday in the afternoon

Major	
Counseling	1
Psychology	2
English	1
Early Childhood Education	2
SOCT	1
Film and Television	1

Year
9 responses



Gender Identity
9 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	2	22%
Hispanic / Latinx	2	22%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	2	22%
Multiracial	2	22%
American w/Latino Parents	1	11%